

Memorial Day

From the Mighty Mo to the Punchbowl, find your ceremony
See p. A-5.



SCHOFIELD BARRACKS — Pfc. Andrew Lee, 501st Sig. Co., 36th Sig. Bn., Korea, fields questions during the formal board portion of the 311th SC (T) Best Warrior Competition. Lee went on to win the command’s Soldier of the Year award.

Signal Soldiers compete for Best Warrior

LT COL. STEVE C. LAI
311th Signal Command (Theater) Public Affairs

FORT SHAFTER — A commitment to excellence, a desire to succeed and an unquenchable thirst to improve.

Six Soldiers of the 311th Signal Command (Theater) said these were the motivations that drove them to compete in this year’s annual Best Warrior Competition (BWC), May 9-13.

“My uncle told me once, if a man created it, man can accomplish it. He told me that everything is mental,” said Pfc. Andrew Lee, information technology specialist, 501st Sig. Company, 36th Sig. Battalion (Korea), and Sig. Cmd.’s Soldier of the Year.

“My strength is my endurance,” Lee continued. “During a road march, I have it in my mind, at all times, not to give up. I want to better myself and to push my limits both mentally and physically.”

Each year, participating commands send their Soldier and noncommissioned officer of the year to Fort Lee, Va., to compete with their peers from 12 Army commands across the globe. The winners will have the distinction of being the Best Soldier/NCO at the U.S. Army Reserve Command, the final and highest level of competition.

“My goal is to be the best NCO and total Soldier I could possibly be. My strengths are land navigation and marksmanship,” said Staff Sgt. Frankie Williams, Property Book Office enlisted leader, 311th Sig. Cmd. Supply, and Sig. Cmd.’s NCO of the Year.

“Of course, I have the best mentors: Master Sgt. Brenda Andrade and Sgt. Maj. Terry Sumerlin to model myself after,” Williams added.

The BWC, conducted at Schofield Barracks, included hand combat, a road march, M4/M16 rifle



SCHOFIELD BARRACKS — Staff Sgt. Frankie Williams, Headquarters and Headquarters Company, 311th SC(T), negotiates an obstacle during the command’s Best Warrior Competition, May 9-13. Williams went on to win the NCO of the Year award.

fle zero and qualification, day and night land navigation tests, and a number of Army Warrior Training tasks.

Additionally, two mystery events unknown to the competitors tested the Soldiers’ knowledge and ability to think on their feet. Competitors

were also tested for their aptitude through board interviews and written exams relevant to the Army’s operating environment.

The winners go on to compete at the U.S. Network Enterprise Cmd. level; those winners go on as BWC national finalists.

Army takes action before summer wildfire season

A prescribed burn is scheduled May 26-31

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — As summer approaches, Army officials are taking proactive steps to prevent fires, here, on the training range during the hotter, drier months ahead.

Safety is the garrison’s No. 1 priority, and the prescribed burn will improve safety by removing highly flammable guinea grass and other vegetation.

The U.S. Army Garrison-Hawaii Range Development and Management Committee and the 84th Engineer Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, have spent the last three months removing brush and trees around existing range firebreaks and improving roads throughout the range complex to provide better access for firefighters and emergency personnel.

Together, these efforts support the Army’s plan to conduct its annual prescribed burn of the Schofield Barracks training range complex, this month.

Officials with USAG-HI’s Directorate of Emergency Services (DES), Fire Division, are planning to conduct the prescribed burn, May 26-31, to reduce overall fire danger in the area.

Safety is the garrison’s No. 1 priority, and the prescribed burn will improve safety by removing highly flammable guinea grass and other vegetation. If left unchecked, these grasses become large fuel sources for wildfires that



Courtesy photo

The Army is and has been taking proactive steps to mitigate potential wildfires on the garrison footprint, including brush removal and building firebreak berms.

can be difficult to contain and threaten area resources.

The Army’s plan for the prescribed burn lays out a deliberate and phased strategy for conducting operations.

“We’re planning to burn between 1,200 and 1,600 acres, but we’re not going to burn it all at once. We plan to conduct the burn systematically, by small areas, over the course of six days,” said Chief Scotty Freeman, DES Fire Division Chief, USAG-HI.

The team will conduct final checks, Sunday, to ensure all of the personnel, equipment and safeguards are in place and ready. The actual burn will begin Monday, provided weather

See SAFETY A-3



An Army watercraft crew from the 97th Transportation Company, Fort Eustis, Va., maneuver their LCU for cargo transport operations throughout the Pacific as part of the five-month Pacific Utility and Logistics Support-Watercraft proof of principle operation.

Army watercraft prove ability

Story and photo by
SGT. 1ST CLASS MARY FERGUSON
8th Theater Sustainment Command Public Affairs

One glance at a world map, and it’s quickly clear that the Pacific Theater is both huge — 9,000 miles wide and half the earth’s surface — and very blue.

Its massive seas hold about 25,000 islands, with the majority of its population residing close to the shore, and its natural disaster-prone geography leaves its nations constantly preparing for the unknown.

When it comes to logistics and readiness, the region’s essentially a gigantic waterworld that demands a team effort in maximizing even the most uncharacteristic capabilities of each service and organization.

Two crews of Army watercraft operators are wrapping up a five-month mission at the end of May that successfully demonstrates how operationalizing the unique Army capability in the Pacific contributes to that team effort.

With 8th Theater Sustainment Command at the lead and 10th Regional Support Group exercising operational command from its headquarters in Okinawa, the endeavor, labeled

Pacific Utility and Logistics Support Enabler-Watercraft (PULSE-W), began in January.

“When you look at the sheer tyranny of distance in the Pacific and the geography, you realize that you need as many routes, by as many modes as possible, to be able to provide the freedom of action and flexibility to support and sustain operations here,” said Maj. Gen. Stephen Lyons, the 8th TSC commander. “Army watercraft are extremely relevant in achieving that, while also providing external lines of communication into impacted areas.”

PULSE-W, while relatively simple in its concept — maintain an enduring presence of Army watercraft that cost-effectively delivers cargo throughout the Pacific — produced results reflecting immeasurable potential when it comes to supporting joint and multinational forces and deceasing watercraft response times to natural disasters in the region.

The proof of principle operation began with the activation of two Landing Craft Utility (LCU) 2000s vessels from Army prepositioned stocks at Yokohama North Dock in Japan, manned

See LCU A-4

Guam National Guard, TAMC conduct Tele-Behavioral Health VTC evaluation

STAFF SGT. CHRIS HUBENTHAL
Hawaii News Bureau
Defense Media Activity

HONOLULU — Service members and civilians from Tripler Army Medical Center conducted a video teleconference (VTC) demo with the Guam Army National Guard, May 13, testing the capability of providing Soldiers Tele-Behavioral Health (TBH) care.

The purpose of the demo was to test the effec-

tiveness of using a VTC system to administer Health Insurance Portability and Accountability Act compliant TBH support to Guam Guardsmen returning from deployments.

Suzie Martin, Pacific Regional Medical Command Tele-Health director, said that Air Force and Navy medical treatment facilities on Guam can’t provide all fitness for duty medical requirements Soldiers, there, need.

“There aren’t any Army medical treatment fa-

cilities out there,” Martin said. “They don’t always have the access to care, there, the Soldiers might need in order to get their evaluations done or to engage in treatment.”

Using a VTC system allows technicians at TAMC the capability to offer Soldiers in Guam the care they need from a distance.

“What we’re trying to do is bridge the gap in services they are currently experiencing and provide them with care, so they don’t have to travel,”

Martin said. “(The VTC system) will give us an ability to let the Soldiers return home sooner. They can be with their family members, instead of being here assigned to a unit by themselves and without that family support.”

Lt. Sherry Gracey, PRMC clinical psychologist and clinical director of TBH and surge support, identified VTC system advantages.

See VTC A-4



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Police Call

DES focuses on firearms registration

COL. MARK JACKSON
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

According to Policy Memorandum Installation 1 (Discipline, Law, and Order), service members and their dependents must register all privately owned weapons with the state of Hawaii in accordance with state laws.

All firearms brought in from outside of the state require registration within 72 hours of the firearm entering Hawaii.

Individuals born outside of the U.S. must bring proof of citizenship.

On Oahu, all firearms require registration at the Honolulu Police Department (HPD) Headquarters (located on South Beretania Street.)

When transporting your firearm, ensure it is unloaded and carried in an enclosed container. Failure to do so may lead to criminal charges. Additionally, do not bring any ammunition with you.

In order to purchase firearms in Hawaii, you must first obtain a permit. For detailed information on the firearms permit and registration process, please visit the HPD website.

Residents living in on-post quarters

are required to register their firearms with the Fort Shafter or Schofield Barracks Police Station within three working days of occupying the quarters. Soldiers residing in the barracks must also register their weapons with their corresponding police station.

Ensure you bring your Hawaii state firearms registration paperwork.

Keep all privately owned weapons stored on-post unloaded and secured with a locking mechanism that immobilizes the trigger, or keep the weapon inside a locked container/rack. Keep all stored ammunition locked in a secure container.

Soldiers residing in the barracks must coordinate to store their weapons in their unit's arms room. The storage of firearms and ammunition in the barracks is prohibited.

For service members, failure to register and properly store firearms in accordance with the installation policy is grounds for punishment under Article 92 of the Uniform Code of Military Justice.



Jackson

BRIDGING THE BASICS

Leadership begins with junior enlisted

SGT. MAJ. JOE N. IRVIN
130th Engineer Battalion (Provisional)
130th Eng. Brigade
8th Theater Sustainment Command

Are leaders in the Army created or developed?

Some would say that leaders are developed through mentorship of other leaders, the Noncommissioned Officer Education System schools or that they're born.

The real answer is through Soldiers.

In the Army, every officer, warrant officer and NCO achieved his leadership status from the hard work of a Soldier. The biggest asset in the Army is the Soldier. Ninety percent of all missions are completed with Soldiers, because good leadership and trust from the Soldiers made them possible.



Irvin

place a Soldier encounters a leader, an NCO.

This first impression is critical because the Soldier is looking for good guidance and strong leadership at all times. If the leader is a strong leader, then that Soldier will perform his best and emulate that leadership style because he is receiving the guidance he needs.

Leadership is a powerful tool, and if used correctly, it can have a positive effect throughout an organization.

If the Army is looking to improve its structure of Soldiers and leader performance through bridging the basics, then it must start from the root, and that is leadership at the basic level. As leaders, if we are more concerned about ourselves and not the whole team, then we have already failed.

Trust, discipline and sound leadership are key elements Soldiers want and need at all times. If we fail them at the very beginning of their career, then what does that tell Soldiers? It tells them that we do not care for their well-being or their future.

We have the best leaders in the Army, and it is our job to ensure we take care of them from start. The first steps have to be the correct ones, which are achieving the standards and setting the example.

Part of the NCO Creed talks about a basic responsibility being "the welfare of my Soldiers." This responsibility must be an everyday lifestyle for a leader, specifically the NCO.

There is nothing more basic than that.

Leadership is a powerful tool, and if used correctly, it can have a positive effect throughout an organization.

How is this possible?
It is because the Soldier was introduced to good leaders from the very beginning. Basic training and advanced individual training is the first

We Recycle
Did you know that when you recycle, the Garrison earns money? **Keep recycling!**

For family members and other non-service members, failure to adhere to the policy is grounds for debarment from garrison installations. Military and non-military members are also charged with any violations of applicable state laws (e.g., failure to register).

Under the installation policy, individuals are not authorized to fire BB, pellet-type, paintball, airsoft, slingshot, blow-gun or bow and arrow weapons (except for those with cup-type tips) on the installation, except in areas designated by the garrison commander (e.g., ranges, paintball field). These weapons do not require registration with the Provost Marshal Office.

The following is an excerpt of an actual Military Police blotter entry from the U. S. Army Garrison-Hawaii area of op-

Personally owned weapons

Visit Policy Memorandum Installation 1 (Discipline, Law, and Order) on the USAG-HI Command Documents website (www.garrison.hawaii.army.mil/command/documents.htm) for more information regarding the proper storage, use, handling and registration of privately owned weapons on post.

Also visit www.honolulu.pd.org/information/index.php?page=gun main for information regarding proper registration of firearms and weapons within the state of Hawaii.

5 STEPS in FAITH

Memorial Day remembers

Lincoln's letter still resonates today

CHAPLAIN (CAPT.) DANIEL COLLINS
19th Military Police Battalion
(Criminal Investigation Division)
6th MP Group (CID)
U.S. Army Criminal Investigation Command

In 1864, the following letter was written:

"Dear Madam, I have been shown in the files of the War Department a statement from the Adjutant General of Massachusetts that you are the mother of five sons who have died gloriously on the field of battle.

I feel how weak and fruitless must be any words of mine, which should attempt to beguile you from the grief of a loss so overwhelming. But I cannot refrain from tendering you the consolation that may be found in the thanks of the Republic they died to save.

I pray our Heavenly Father may assuage the anguish of your bereavement and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours to have laid so costly a sacrifice upon the altar of freedom.

Yours, very simply and respectfully, Abraham Lincoln."

This letter was written to a woman named Lydia Bixby, who had lost five sons in the Civil War.

Eighty years later, Pfc. David Webster, Company E, 2nd Battalion, 506th Parachute Infantry Regiment, 101st Airborne Division, wrote his mother on the eve of D-Day:

"Stop worrying about me. I joined the parachutists to fight. I intend to fight. If necessary, I shall die fighting, but don't worry



Collins

about this because no war can be won without young men dying. Those things, which are precious, are saved only by sacrifice."

As we commemorate Memorial Day, this weekend, I ask that we focus on this thought: "Those things, which are precious, are saved only by sacrifice."

On Memorial Day, we remember those who gave that ultimate sacrifice to birth a new nation, to save and preserve that nation, and to defend that nation against tyranny, fascism, communism and terrorism. We remember those who gave that sacrifice to save something precious.

Christians believe in another sacrifice to save something precious. You see, God created us and he created us as his most precious creation. The earth, the animals, the plants, the oceans, although wonderful resources for us to be good stewards of, were not created as precious as man.

Unfortunately, as we read in the account of the original sin in Genesis 3, we fell from the plateau that God had created us on; we became sinful man and sin must be dealt with.

Romans 6:23a tells us "the wages of sin is death." So, we see from this that there is a price to pay, a sacrifice for our sinfulness.

Romans 6:23b gives us hope. See, a sacrifice was given to save something precious to God (i.e., sacrificing to save something precious).

As we remember those sacrifices to save something precious — our country, our way of life — let us also remember that God made a sacrifice to save something precious: namely, you and me.

As we reflect on that, may we experience peace and share in the hope.

As we remember those sacrifices to save something precious — our country, our way of life — let us also remember that God made a sacrifice to save something precious: namely, you and me.

Voices of Ohana



"I pay respects by saying 'thank you for your service,' acknowledging that they served."

Sgt. 1st Class Willie Cannon
Career counselor,
209th ASB, 25th CAB,
25th ID



"By doing my job to the best of my ability. That way, their sacrifices and hard work don't go to waste."

Staff Sgt. Ngirametuker Marino
Geospatial engineer,
HHC, 25th CAB,
25th ID



"By telling them I appreciate what they have done."

Sgt. Bobby Robinson
Chaplain's assistant,
2-6th Cav. Regt.,
25th CAB, 25th ID



"By coming to work every day, serving my country to the best of my ability and being proud of the work I do."

Pvt. Nathan Ross
CH-47 repairer,
209th ASB,
25th CAB, 25th ID



"By upholding the traditions they held and by protecting those they sacrificed their lives for."

Sgt. Marcus Saintil
Senior local area net manager, HHC, 25th CAB, 25th ID

Memorial Day is May 26.

"How do you pay respect to those who have served before you?"

Photos by 25th Combat Aviation Brigade, 25th Infantry Division

Experts say make a kit, have plan for hurricane season

In part two of three, learn about shelters, safe havens

SARAH PACHECO
Staff Writer

WHEELER ARMY AIRFIELD — Hawaii is a tropical paradise, but it is not immune to the effects of natural disasters.

“We live in an area that is known as the ‘Ring of Fire,’ and there are earthquakes and volcanic activity happening all around us, every day,” said Joe Barker, installation management emergency officer, Directorate of Plans, Training, Mobilization, and Security; U.S. Army Garrison-Hawaii.

“Living in Hawaii is not like living in the mainland; we cannot just go to the next state over and get help,” Barker continued. “The nearest help to us is 3,000 miles away, and it would take 96 to 140-plus hours for help and supplies to get to the islands by air or boat.”

Hurricane season in the Central Pacific Region runs June 1-Nov. 30; however, Barker reminds that disaster planning should be part of everyday life. The best way for service members, families and civilians to turn awareness into action is by being informed, making a plan, building a kit and getting involved.

“Planning and building a kit should be discussed with the whole family, so everyone understands what to do and when to do it,” said Barker, adding that families should practice their emergency plan at least twice a year, and discuss ways to improve it, too, for different scenarios.

“You don’t know when a disaster is going to strike,” Barker warned. “You need a kit, now. Don’t wait until after to wish you had done it. Make one now.”

Barker also suggested families create more than one kit to store in the car and at

work, and to rotate out items that become expired or damaged.

“If you don’t have a kit, you will need to depend on others, and they may not have what you need to get you through the disaster,” Barker said.

What’s a hurricane?

A hurricane is a tropical cyclone that has the potential to bring violent thunderstorms, waves and winds exceeding 155 miles per hour. In some situations, these may further result in tornadoes. Power outage and flooding are secondary hazards that even those not situated in the hurricane’s direct path may encounter.

Hurricanes can be catastrophic to coastlines and impact those living several hundred miles inland, making it necessary, in certain situations, to evacuate to a shelter or safe haven.

If you are told to evacuate, Barker said to follow the guidelines given regarding times and routes, take only your emergency kit and other essential items, follow the designated evacuation procedure and expect a high volume of traffic.

Where’s shelter?

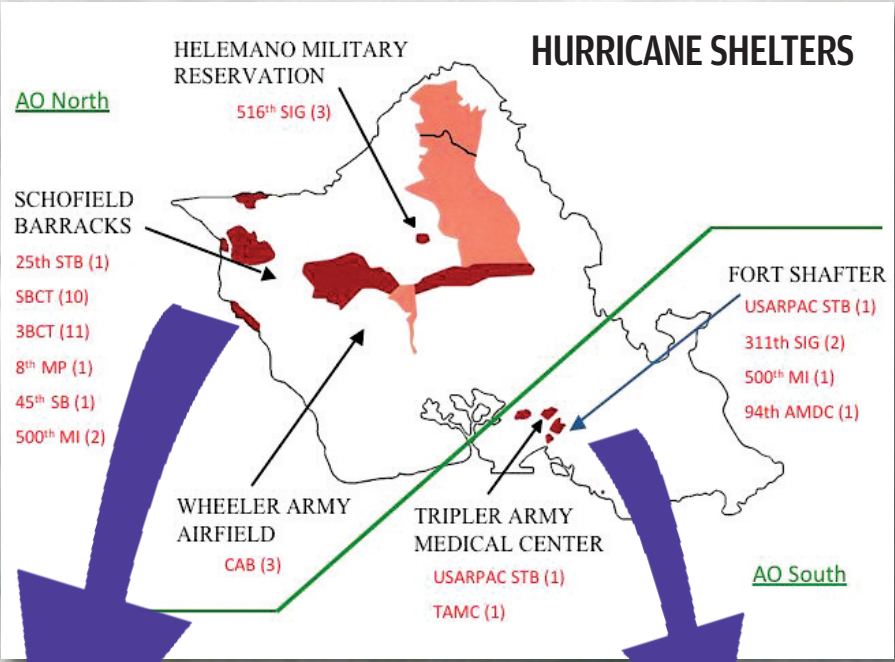
USAG-HI has several safe havens in place on Schofield Barracks, Wheeler Army Airfield, Fort Shafter, Tripler Army Medical Center and Helemano Military Reservation. However, if you live off-post, it is advised you report to your area’s nearest public emergency shelter.

All Oahu Army installation emergency safe havens are for short-term use only. You can expect to remain in your assigned safe haven for approximately 12-24 hours, or until the all-clear signal is given.

The safe haven is set up to accommodate your family only during the time the storm is actually on land, so it important that you and your family arrive prepared.

“Even in paradise, disasters happen; the chance is always there,” said Barker. “And we know from recent emergencies that everything shuts down. That’s not the time to gather supplies. If you prepare now, you’re going to have a kit, you’re going to have a plan, and so long as you have power, you can watch the news to stay informed.”

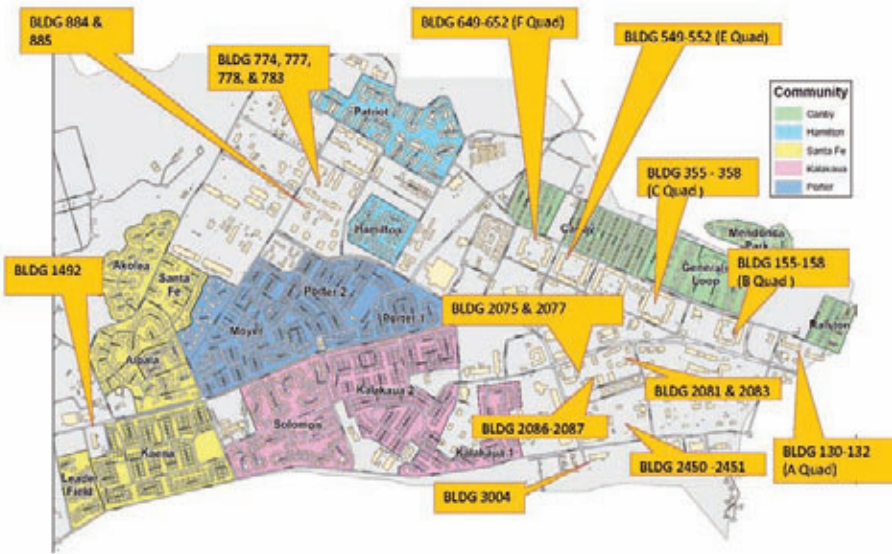
(See next week’s “Hawaii Army Weekly” to learn what to do during the hurricane.)



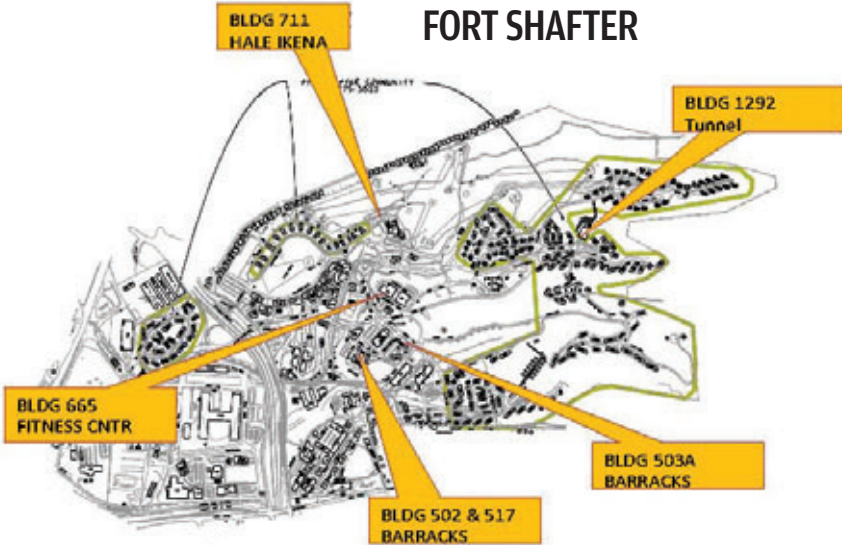
Courtesy photo

Is your family ready for hurricane season?

Schofield Barracks



Fort Shafter



Emergency Kit Checklist

Safety experts advise all personnel to maintain a basic level of preparedness for all potential hazards, and the No. 1 way to be ready is to have a well-stocked emergency supply kit on hand, 24/7/365.

Assemble one or more emergency kits that include enough supplies that will last for at least three days. Think of items that have multiple uses and are long lasting, such as brightly colored plastic ponchos, which can be used as shelter, clothing or as a location marker.

Keep a kit prepared at home, and consider also having kits stashed in the car, at work and having a portable version ready, in the case you need to evacuate your home.

Store kits in an easily accessible area, such as a cupboard by the door, and make sure everyone in the family knows where the kit is located.

Items necessary for all basic home kits include the following:

- Water, at least 1 gallon, per person, per day (to last for at least three days);
- Food, nonperishable food, to last at

least three days (select items that require no preparation, refrigeration or cooking);

- Manual can opener, preferably on a multi-tool;
 - Reusable plates, cups, utensils and saucepan;
 - First aid kit;
 - Prescription medications and medical equipment/care aids;
 - N95- or N100-rated dust masks;
 - Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties;
 - Hand-crank or battery-operated flashlight, radio and cell phone charger, plus extra batteries;
 - All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio;
 - Cash, in the local currency;
 - Local maps and your family emergency plan;
 - Your command reporting information;
- know the Army Disaster Personnel Accountability and Assessment System



(ADPAAS);

- Important documents, including wills, medical and financial power of attorney, property documents and medical instructions; and
 - Emergency preparedness handbook.
- Additional considerations to have in your personal emergency kit could include the following:
- Infant formula and diapers;
 - Pet supplies, including food, water, medication, leash/travel case and documents;
 - Disinfectant;
 - Matches or flint, in a waterproof container;
 - Sleeping bag or other weather-appropriate bedding, for each person;
 - Fire extinguisher;
 - Paper and pencil; and
 - Books, games, puzzles, toys and other activities for children.
- Evaluate your kits and their relevance routinely. Throw away and replace any expired or damaged medications, food or water.

Online Resources

To learn what to do before, during and after an emergency, visit the following websites:

- www.ready.gov.
 - www.acsim.army.mil/readyarmy.
 - www.redcross.org.
 - www.citizencorps.gov.
 - www.fema.gov.
 - www.garrison.hawaii.army.mil and click on “Staying Safe” and “Emergency Management.”
- If directed to move to a safe haven, visit these sites:
- www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf or
 - www.slideshare.net/usaghawaii/safe-havens-on-post.
- If you live off post, find evacuation and shelter information in your local telephone book or go online to the Hawaii State Civil Defense website at www.scd.hawaii.gov.
- To request a free disaster preparedness handbook, created by the Hawaiian Electric Company, call 543-7511 or visit www.heco.com.



Safety: Army to conduct burn

CONTINUED FROM A-1

conditions such as wind, temperature and fuel moisture are within the regulatory parameters.

“If the conditions are not optimal, we won’t burn,” said Col. Mark Jackson, director of Emergency Services, explaining that the garrison must follow Army, state and federal requirements when conducting a prescribed burn.

The prescribed burn is structured so that the team will ignite, burn and extinguish fires in pre-designated areas each day, starting at the firebreak road and working inward. This strategy will create extended low-vegetation areas to help contain the prescribed burn area.

All burn operations will take place during daylight hours, and firefighters

with DES’ Fire Division will remain on site each night to monitor the area.

Coordination is critical for an event like this, according to Freeman.

Multiple personnel from USAG-HI, the Federal Fire Department, the 8th TSC, and the 25th Infantry Division are supporting the burn effort, to include firefighters, aviators, engineers, and natural and cultural resources specialists.

The Army has also coordinated with the Hawaii State Department of Health’s Clean Air Branch and the U.S. Fish and Wildlife Service, who have both reviewed and approved the prescribed burn plan.

Freeman estimates that effective prescribed burns can reduce wildfire outbreaks by as much as 75 percent, making them an important tool to wildfire prevention.



Courtesy photo

Heavy equipment clears brush to reduce potential fuel for wildfires.

USARPAC takes positive approach to suicide prevention

WAYNE HANKAMMER
Suicide Prevention Program Manager
U.S. Army-Pacific

FORT SHAFTER — The U.S. Army-Pacific’s new health promotion and suicide prevention policy represents a strategic shift toward building individual protective factors in Soldiers and family members.

USARPAC’s focus is shifting to a caring and positive command climate, rather than the negative tone that is normally associated with suicide prevention.

The new policy stresses getting way ahead of crisis by using Comprehensive Soldier and Family Fitness (CSF2) skills, amongst other well-being programs.

USARPAC is building psychological armor to help its family bounce back from crisis.

“We are not going to wait for a suicide crisis to develop to get our attention. ... Instead, we are marching in the other direction to prevent a crisis from reaching a lethal level,” said Gen. Vincent K. Brooks, commander, USARPAC.

Traditionally, suicide prevention is about avoiding the act of suicide by looking for risk factors and acting on those or other warning signs. The command is now proactively working toward developing protective factors fos-

tered by resiliency skills way before risk factors have a chance to develop. Waiting for risk factors to surface is not working, because waiting is a reactive device and largely relies on detection, assessment of risk and intervention to get help.

Recent research demonstrates how people have more power to influence the development of protective factors rather than mitigate risk factors. Like depression or isolation, risk factors are easy to generalize to suicide risk. However, in a manner of speaking, these risk factors are only a small part of the battlefield. By focusing on just risk factors, an opportunity to exploit building protective factors is missed.

The new policy achieves this opportunity by focusing on building protective factors that are fostered in two ways: One way is through resiliency training, the other way through unit policies to foster social support. Limiting transitions within units (company and above) will allow Soldiers to build meaningful connections essential to an effective level of social support.

Soldiers can expect to see a more positive approach to building caring and well-being across the command. It is a shift away from the generally negative tones of a suicide prevention campaign.

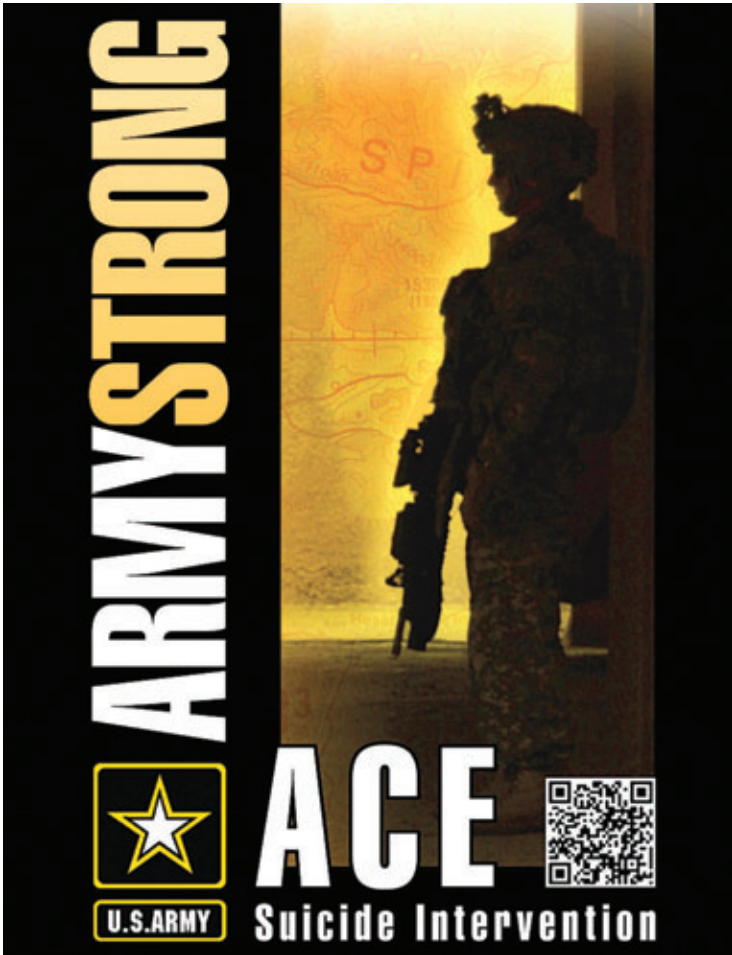
CSF2 training is essential in the policy to help prevent Soldiers or family members from developing some risk factors, which are known to increase suicide risk. The training is integrated as part of the arsenal teamed with “Ask Care Escort-Suicide Intervention” (ACE-SI) as a combined strategy to improve the lives of our people.

USARPAC is proactive to build resilient Soldiers and liken this to having psychological body armor. Meanwhile, it still has its goal-line defense of ACE and ACE-SI, should risk factors develop.

In short, USARPAC is trying to mitigate risk factors from ever developing. While all suicides may not be stopped, this approach is seen as more effective since people have more power to avert risk factors from developing than to mitigate risk once developed.

Another policy focus area is confronting the stigma that is often associated with suicide. This stigma has been around a very long time and represents a real barrier to care. It impedes building a caring attitude for all Soldiers, family members and civilians. The policy takes a hard look at how stigma is embedded and how everyone can help reduce the negative effects of it to create a caring environment.

USARPAC wants everyone to be mindful of the words they use to describe a suicide event or feeling. There is a standard operating procedure template available to implement the poli-



cy at the company/battery levels.

This new approach doesn’t abandon ACE; rather, it is building positive factors.

“Instead,” said Brooks, “we are marching in the other direction to prevent a crisis from reaching a lethal level.”

LCU: Army’s ships prove their worth in Pacific

CONTINUED FROM A-1

with 16-member crews from the 97th Transportation Company, Fort Eustis, Va.

While historically operational in the Atlantic, LCU's prepositioned in the Pacific have typically only been drawn biannually for validation or for specific exercises in the past.

These boats provide freedom of movement to deliver tailored force packages to the point of employment, which is critical in this theater, said Sgt. 1st Class Brandon Roth, 8th TSC's Sea Operations lead on PULSE-W.

Roth said, their small size, shallow draft and flat bottoms allow them to navigate and enter austere environments, but they can also carry 350 short tons, the equivalent of four C-17 loads, on their 2,500 square-

foot deck.

“As long as something needs to move from one place to another, we’re a viable asset,” said Sgt. 1st Class Timothy Carman, the first mate of one of the PULSE-W boats, LCU 2035, U.S. Army Vessel Port Hudson. “You’re not going to move what we can move on any aircraft, so if you’re trying to move something of any significant weight or size, watercraft is automatically irreplaceable out here.”

Once activated, the two PUSLE-W LCUs immediately began demonstrating their relevancy as they worked with sister services and logistic enterprise partners.

They sailed to White Beach, Okinawa, which serves as their forward-operating port, to pick up and transport Marine and Army equipment and ammunition to Thailand in sup-

port of Cobra Gold 14, the largest multinational exercise in the region. They then traveled to Chinhae, Korea, to complete five roundtrips transporting obsolete ammunition to Hiro, Japan. Finally returning to Busan, Korea, they supported III Marine Expeditionary Force by moving redeployment cargo back to White Beach.

They again loaded ammunition and equipment, this time to support Balikatan 14, and departed for the Philippines, where they ultimately retrieved and transported return cargo to White Beach following the exercise.

Using the LCUs versus commercial surface lift resulted in more than \$7 million worth of cost avoidance to the Department of Defense and proved that the small, self-sufficient watercraft could maintain the tempo.



Defense Media Activity - Hawaii News Bureau

Brig. Gen. Dennis Doyle (right), commander, PRMC and TAMC, is joined by subject matter experts participating in a demonstration to test VTC’s effectiveness in delivering Tele-Behavioral Health care to Guam Army National Guardsmen, May 13. The system is slated to be available in June.

VTC: System to help from afar

CONTINUED FROM A-1

“I like the ability to provide ongoing treatment, as well as one-time evaluations, and (to) be able to speak with the command about the needs and concerns of the Soldiers, regardless of where they’re located,” Gracey said. “This offers the opportunity to return home at a quicker pace, but still get TBH quality care to ensure they’re going to be successful when they return home.”

Janet Wood, PRMC behavioral health psychology technician, originally questioned how effective a VTC system would be, but soon under-

stood its benefits.

“Oddly enough, I kept thinking, ‘How do you provide behavioral health over a VTC?’” Wood said. “I didn’t really buy into it myself until I got to see what happens and the relationships that are built.

“One of the benefits is that, regardless of the miles we are going across, we’re still going to be able to reach out to a Soldier and talk to them and work with them. They can benefit from that treatment from thousands of miles away.”

The VTC system is slated to be fully operational and available for Soldiers in Guam in June.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Training — From now until May 30, the American Red Cross and Schofield Barracks Dental Clinic will accept applications for the 2014-2015 Dental Assistant Program, which provides comprehensive training needed to assist competently in many fields of dentistry and provides an opportunity to compete successfully for employment in the dental assisting profession.

If you are a family member of an active duty military person looking for a new career opportunity and have a minimum of 18 months remaining on island, call 433-6631.

Click it or Ticket — The annual seat belt enforcement campaign runs to June 1. Police statewide will strictly enforce state seat belt and child passenger restraint laws. The goal is to save lives. The fine for unrestrained occupants is \$102 (\$112 on Kauai).

Surveying Satisfaction — The Department of Defense is releasing its latest survey to gauge customer satisfaction with Morale, Welfare and Recreation garrison facilities and programs, focusing on fitness, libraries, outdoor recreation, recreation centers, auto service centers, single service member programs, leisure travel, swimming pools, sports and athletics.

Participation in the survey is confidential to encourage honest and full participation from patrons around the world.

Survey packages will be distribut-

ed directly to 120,000 randomly chosen service members.

DeRussy — The completion date for repairs at the U.S. Army Museum of Hawaii, Fort DeRussy, is June 16. The museum store and the Gallery of Heroes are open, weekdays, 9 a.m.-3:30 p.m.

Exercise! — Schofield Barracks Health Clinic staff will hold an anti-terrorism exercise. Clinic staff may be seen evacuating the area. There is no danger to the community or any need to report this exercise to law enforcement.

TSP Outages — The Thrift Savings Program is performing daily routine system maintenance and backups, 12-4 a.m., Eastern time, which may cause slower than normal transaction response times.

28 / Wednesday

CoC — At 10 a.m., Command Sgt. Maj. Travis L. Cherry will hand the 311th Signal Command (Theater) Noncommissioned Officer’s Sword to interim Command Sgt. Maj. Allen Braswell. At 3 p.m., Maj. Gen. Lawrence W. Brock takes command from Maj. Gen. James T. Walton.

These ceremonies signify new senior Signal leadership for Soldiers, Army civilians and their families throughout the Pacific region.

29 / Thursday

Observance — The Asian-American and Pacific Islander Heritage Month Observance, hosted by the 130th Engineer Brigade, the Fort Shafter Exchange, and Team EO and EEO Hawaii, takes place 10 a.m.-noon, at the Exchange. The program will feature performances by the internationally renowned group Hawaii Matsuri Taiko, the Samoan Dance Club and the Chinese Lion Association, plus food sampling. Call 655-4545.

(Editor’s note: This observance was originally scheduled for Friday, May 30.)

June

13 / Friday

Army Birthday — The 239th commemoration of the Army’s birthday takes place at the Hilton Hawaiian Village in Honolulu. This year’s theme is “America’s Army: Our Profession.”

For ticket information, contact your unit representative or Kole Miller at 438-9761.

July

14 / Monday

Safety Signup — U.S. Army Medical Command conducts a Safety and Health Management System Course, July 14-16, at Schofield’s Bldg. 3004, 1554 Lyman Rd. Class size is limited. Call 655-4243/4245.

TAMC Memorial Day Pharmacy Hours

Tripler Army Medical Center’s Pharmacy hours for the Memorial Day weekend are below. All pharmacies will resume normal business hours, Tuesday.

●**NEX Pharmacy**
Friday, 10 a.m.-2 p.m.
Saturday, 10 a.m.-2 p.m.
Sunday, closed
Monday, closed
●**Family Practice**
Closed for Memorial Day weekend.



●**Main Outpatient**
Friday, 8 a.m.-5 p.m.
Saturday, 8 a.m.-4 p.m.
Sunday, closed
Monday, closed
●**Discharge Pharmacy**
No change to hours.



Traffic Report lists closed roads, power outages, construction and other advisories received by press time from the Army and the Hawaii Department of Transportation (HDOT). For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

Today

Power Outage — Schofield Barracks’ Quad D (Bldg. 449/452) and the Tropic Lightning Museum (Bldg. 361) will experience a power outage to connect and test a primary switch and transformer, 7:30 a.m.-3 p.m.

Duck Road — There will be roadwork, 7 a.m.-4 p.m., at Schofield’s Duck Road, at the portion that turns near Bldg. 2800. One lane of traffic will remain open during the work.

30 / Friday

Speed Bumps — A full road closure of Schofield’s Leileihua Avenue

at a portion near Kline and a portion near Baldwin begins; it’s scheduled to finish June 23.

June 24-July 17 will see one more full road closure fronting Bldg. 645.

31 / Saturday

East Range — An East Range project consists of demolition and removal of old existing valves and pipe sections and the installation of new piping. Multiple outages will take place affecting customers who depend on these water mains.

All buildings on East Range from the wash rack to Bldg. 6065 will be affected. Tentative dates follow:

- Saturday, May 31, 6 a.m.-6 p.m.
- Tuesday, June 3, 6 a.m.-noon.
- Thursday, June 5, 6 a.m.-noon.
- Saturday, June 7, 6 a.m.-6 p.m.
- Monday, June 9, 6 a.m.- noon.

Leileihua Golf Course should not be affected.

June

2 / Monday

WAAF Road Closure — Work on Santos Dumont Road and Warhawk Place (currently in progress) will close Santos Dumont, May 19-31, on Wheeler Army Airfield.

SB Road Closure — A full road closure, until July 2, of Schofield Barracks’ Lyman Road between Mellichamp and Trimble roads. Local access will be permitted via Lyman Road from the Mellichamp Road side.



Photo courtesy Hawaii State Veterans Cemetery

KANEOHE — The governor's Memorial Day Ceremony will be held at the Hawaii State Veterans Cemetery of the Pacific, here, Monday, May 26. The musical interlude will begin at 12:45 p.m., with the program from 1-2:30 p.m. Everyone is welcome.

Memorial Day Ceremonies

Sunday, 25 May
9:30 a.m., Waialua Lions Club Memorial Day Celebration at Haleiwa Beach Park, in Haleiwa. Event is open to the public. The 94th Army Air and Missile Defense Command will provide a color guard to honor and recognize past veterans from the North Shore who died in action in World War II, Korea and Vietnam.

10-11 a.m., Waikiki World War I Natatorium Memorial Day Ceremony.

10-11 a.m., Pacific American Foundation Roll Call of Honor in Remembrance Ceremony at the National Memorial Cemetery of the Pacific at Punchbowl. It will recognize the dedicated service, sacrifice and special contributions made by Pacific Island veterans. The 8th Theater Sustainment Command will participate in the joint service color guard.

12-2 p.m., Boy Scout Good Turn Ceremony at National Memorial Cemetery of the Pacific at Punchbowl. Attendance is limited to Scouts and their families. Speaker is Col. Dave Preston, U.S. Army-Pacific, G4. USARPAC's Headquarters and Headquarters Battalion will support.

1-2 p.m., The Girl Scouts of Hawaii will hold their Annual Grave Decorating Ceremony at the Hawaii State Veterans Cemetery, Kaneohe.

5:30 p.m., Vietnam Veterans Candlelight Ceremony at the National Memorial Cemetery

of the Pacific at Punchbowl. The Veterans of Foreign Wars, Post 10583 (Vietnam Post), will honor and remember their fallen brothers and sisters. The 311th Signal Command will participate in the joint service color guard.

Monday, 26 May
8:45-10 a.m., Annual Memorial Day Mayor's Ceremony at the National Memorial Cemetery of the Pacific at Punchbowl. Honolulu Mayor Kirk Caldwell will host the ceremony. The Pacific Command will participate in the joint service color guard.

10-11 a.m., Installation Memorial Day Remembrance Ceremony at Schofield Barracks Post Cemetery. Col. Richard A. Fromm, commander, U.S. Army Garrison-Hawaii will host the ceremony. The public is invited to join the garrison as it honors Army veterans and sister services who served and died in defense of our country.

Visitors should enter Schofield via Lyman Gate, off Kunia Road, and provide current ID, registration, insurance and safety check. For more details, call 656-3159.

1-2 p.m., Memorial Day Governor's Ceremony at the Hawaii State Veterans Cemetery, Kaneohe. Governor Neil Abercrombie will host the ceremony, which remembers those who gave their lives in conflict and allows for reflection on the memories. The 25th ID will participate in the joint service color guard.

Gold Star PSA airs this weekend

WILLIAM BRADNER
U.S. Army Installation Management Command
JOINT BASE SAN ANTONIO — The Army plans to release the second of three public service announcements (PSAs) developed to increase awareness of DOD-issued Gold Star and next-of-kin Lapel Pins.

The pins are designed to signify the loss of a loved one in support of our nation. Although the Gold Star pins have been in existence for decades, many Americans are unfamiliar with their meaning. The PSAs were developed to help educate and inform the public of the significance of the pins. "It's heartbreaking to think that a mom wearing a Gold Star might have someone ask her, 'What a beautiful pin. Where do I get one?'" said Donna Engeman, a Gold Star wife who manages the Survivor Outreach Services program for the Army. "We decided we had to do something to ensure the nation, the world, recognizes what that pin really signifies," Engeman said.



The first Gold Star pin PSA was broadcast in the half-hour prior to the Super Bowl, last February. Since then, the video has been aired on a variety of networks more than 4,000 times, according to Army officials, with an estimated potential audience of more than 800 million viewers. During Phase II of the awareness campaign, which launches the week of Memorial Day, Engeman will literally take her message cross-country. She and three other representatives from the Installation Management Command, headquarters over the Survivor Outreach Services Program, will travel by motorcycle to Washington as part of the annual "Run for the Wall" motorcycle rally. "We'll share the PSA wherever possible, at the stops along the way," Engeman said. "I'll also have flags on my bike promoting the pins." The PSAs consist of documentary-style interviews and narrative stories from real survivors who volunteered to be a part of the project. The voice-overs were provided by Academy-award-nominated actor Gary Sinise.

“Honor those who have fallen, and learn about a small, but meaningful, symbol presented to families who have lost a service member.”

— Hal Snyder
Chief, Wounded and Fallen Support Services,
Installation Management Command

"We tried to ensure the PSAs reflected the diversity of surviving families, as well as honoring their service and sacrifice," said Hal Snyder, chief of IMCOM's Wounded and Fallen Support Services office. "The PSAs include moms and dads, brothers and sisters, children, husbands, wives. "

The PSAs also serve to gently remind the American public that the freedom they enjoy comes at a cost, Snyder said.

"The call to action is to honor and learn," he explained. "Honor those who have fallen, and learn about a small, but meaningful, symbol presented to families who have lost a service member."

Phase II of the outreach plan includes an outreach effort through social media, where members of the Army family will be encouraged to share pictures of their fallen loved ones — or pictures of their favorite memorial honoring the fallen — on www.facebook.com/FamilyMWR between Thursday, May 22, and Memorial Day.

Program managers and survivors across America are also calling on their elected officials to include mention of the stars, and their meaning, in any Memorial Day events they might be taking part in at their hometowns, districts or states.

"The more people who see these, the greater the opportunity to recognize and honor families of the fallen," Snyder said.

The Army's Survivor Outreach Outreach Services program currently supports more than 55,900 surviving military family members.

Honoring the Fallen
To share photos, visit www.facebook.com/FamilyMWR.

Balikatan finishes in fire & fury

Story and photo by
LANCE CPL. SHALTIEL DOMINGUEZ
1st Marine Logistics Group

FORT RAMON MAGSAYSAY, Philippines — Lightning flashed in the night sky as the Soldiers of Troop C (Comanche), 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, silently trekked for nine hours through mountainous jungle toward their objective.

From there, they attempted to engage and destroy the enemy through fire and maneuver.

Approximately 250 Philippine and U.S. infantrymen participated in a battalion field training exercise (FTX), May 14-15, at the end of Balikatan 2014.

Alongside Comanche Troop were their counterparts from the Philippine army’s 20th Inf. Bn., 8th Inf. Div., and other Tropic Lightning Soldiers who had trained together for two weeks.

“Terrain, lack of sleep and moving through harsh terrain in low light visibility conditions were just a few of the challenges that we faced,” said Spc. Alexander Soulliere, forward observer, 2nd Platoon, Troop C. “We also had to engage the enemy when we got

there, and communicating with the Filipinos was very important.”

Balikatan is designed to improve cooperation and interoperability between the two nations’ armed forces through both humanitarian aid and disaster relief projects, as well as combat skills training.

“Some of the more advanced tactics and techniques of the Americans were different from ours, so it was really beneficial for us to be able to compare and contrast our doctrine with them,” said 2nd Lt. Alge Oronan, Philippine army. “Joint operations like these were what I liked the most about Exercise Balikatan. It was a really good opportunity for us to learn.”

Soldiers participating in the FTX, including the opposing force, comprised of experienced Filipino and American warriors, were equipped with different weapons systems, such as mortars, machine guns, rifles, blank rounds and laser engagement system equipment.

Soldiers were divided into either the support element, which was the group responsible for establishing a base of fire on a larger scale and suppressing the opposition forces, or the assault element, which maneuvered to finish them off.

“In a firefight, it’s important to coordinate with your team to suppress the enemy before moving on them,” said 1st Lt. Jordan Ritter, platoon leader, 2nd Plt., Troop C. “Throughout the past few weeks, we improved our interoperability with our Philippine brothers, and we did good coordinating with them to accomplish the mission.”

Gunfire broke out early at dawn and continued for two hours, as warriors used communication, coordination and all of the combat skills they had honed during the lead-up to the FTX to fight tooth and nail across rice fields and rolling hills to defeat the opposing force.

“We had to make sure everyone was focused on the objective and supporting the Filipinos,” said Sgt. Justin M. Cormany, platoon sergeant, 2nd Plt, Troop C. “During training, there was sometimes a language barrier.

“In our eyes, we saw what we wanted to do, but we might not have been able to communicate that successfully, since we didn’t always have translators,” said Cormany. “But by the time we had to conduct the support by fire, everyone was working together and pushing together. ... At the end of the day, we fought our hardest and had a good time.”



Troop C, 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, and Philippine soldiers from Co. C, 20th Inf. Bn., 8th Inf. Div, engage enemy targets during a battalion FTX as the culminating event for Balikatan 2014, May 15.

94th AAMDC’s new com system, Soldiers’ capability tested

Story and photo by
SGT. 1ST CLASS KARRY JAMES
94th Army Air and Missile Defense
Command Public Affairs

SCHOFIELD BARRACKS — The 94th Army Air and Missile Defense Command teamed up with the 307th Expeditionary Signal Battalion to surmount a complex training mission in a multi-day exercise, April 28-May 16, to integrate a new multifaceted missile defense communication system into the military’s existing communication satellites.

The new system gives the 94th AAMDC headquarters the capability required to operate from a remote location anywhere in the world.

The Air and Missile Defense Planning and Control System (AMDPCS) is a combination of flexible, modular, Army-common components that are necessary for a deployable air defense tactical command center.

“This is the final phase in fielding this new

equipment,” said Capt. Lee Humphrey, 94th AAMDC operations officer in charge of the training site. “This is showing that our Soldiers, who’ve taken the training or are new to it, are able to set the equipment up correctly and get connectivity in order to give the unit the capability to execute our mission forward.”

A critical component of testing the new system, a Joint Node Network (JNN), was used to test the connection of AMDPCS to the military satellite network.

“Our key takeaway

from this training was that things with this new system are certainly not textbook. We learned to do some extraordinary configuring in order to

get the systems talking,” said Staff Sgt. Brandon Lee Watson, JNN section sergeant, 307th Exp. Sig. Bn. “We have some pretty bright and talented Soldiers with us that were able to figure it out and get the network up and going.”

“The JNN connectivity confirmed that the AMDPCS can be placed anywhere in the world and still link into the Pacific Air Pic-

ture and communicate over several types of phones and radios using satellites,” said Humphrey.

The training site at Schofield Barracks, which is about 20 miles north from Fort Shafter, was chosen because it not only saves the Army about \$21,000 in fuel costs in running generators (because it has shore power), but also saves man-hours, so the Soldiers could focus solely on the challenging training.

“The most challenging aspect for our section was the steep learning curve. No one had any experience in putting a new system like this together,” said Chief Warrant Officer Mina Carter, automation officer in charge, 94th AAMDC. “We had to start from scratch. It took a little while to get the system to do what we wanted it to do, but now that we know we have the capability to get it working, next time, we’ll be able to put it together much faster.”



Spc. Christina Williams, IT management specialist, 94th AAMDC, connects cables from computers to an over-sized monitor, April 28-May 16, to integrate a new deployable air defense tactical command system to the military’s mobile network.

TSP helps save for retirement

ABIGAIL REID

Federal Retirement Thrift Investment Board

The Thrift Savings Plan is a retirement savings plan that you can keep no matter where your career takes you.

If you have common questions about signing up for the TSP, read on to learn how to keep your information current and share some facts about your investment options.

How do I sign up for the TSP?

Log into myPay. You'll see a special section called "TSP section." Click there. Then you can make a contribution election.



A contribution election tells your service how much of your pay you want to contribute to your TSP account and if that money should be considered pre-tax (traditional) and/or after-tax (Roth).

When you make traditional contributions, you don't pay taxes on your contributions and their earnings until you withdraw them. You can choose any percentage of your basic pay to make traditional contributions.

You should know that the "Correspondence Address" section of myPay will NOT update your information with the TSP. It's crucial that you keep your mailing address up-to-date to receive important TSP account information.

How do I access my TSP account after I sign up?

After you sign up for your TSP account in myPay, the TSP will mail a Web password to the address the TSP has on file. Use this password with your TSP account number when you log into the "My Account" section of tsp.gov.

Where do I find more information about investing my TSP contributions?

Try starting in the "Planning & Tools" section of tsp.gov. There, you'll find information about investment strategy, as well as questions to ask yourself before you make your decision. Then, visit "Investment Funds," where you'll find an overview of all of the TSP Funds, including our Life-cycle (L) Funds, which take away a lot of the investment guesswork.

So, I've heard a lot about Roth IRAs. Are Roth TSP and Roth IRA contributions the same thing?

Short answer? No. There are some important differences between Roth TSP and Roth IRA contributions. Your contribution limit for the TSP is \$17,500 in 2014 (\$23,500 age 50 or over). Your contribution limit for a Roth IRA is \$5,500 for 2014 (\$6,500 age 50 or over).

Still have questions?

Read the rest at www.HawaiiArmyWeekly.com.



Staff Sgt. Gaelen Lowers, 8th Theater Sustainment Command Public Affairs

Command Sgt. Maj. James Shuman (left), senior enlisted leader, 8th STB, 8th TSC, leads 24 newly inducted noncommissioned officers in the NCO Charge during an induction ceremony at the historic U.S. Army Museum of Hawaii, May 16.

8th STB inducts NCOs at Ft. DeRussy

8TH THEATER SUSTAINMENT COMMAND
Public Affairs

HONOLULU — Twenty-four Soldiers from the 8th Special Troops Battalion, 8th Theater Sustainment Command, were inducted into the ranks of the Noncommissioned Officer Corps at historic U.S. Army Museum of Hawaii, here, at Fort DeRussy, May 16.

The ceremony is a time-honored tradition in the Army that recognizes the step to NCO.

Holding the ceremony at the former military bunker, now a museum, added to the importance of it.

Command Sgt. Maj. James Shuman, senior enlisted leader, 8th STB, explained the importance of holding the ceremony on a piece of history.

The bunker was built in 1911, he said. The NCOs stationed at Fort DeRussy would

use the two 14-inch guns to fire projectiles as far as 14 miles. It was part of a coastal defense system that was to protect Honolulu Harbor from invasion.

The ceremony began with a history of the NCO and then a description of what each rank's responsibility is in the NCO support channel.

Guest speaking at the event was Command Sgt. Maj. Charles Tobin, senior enlisted leader for the 8th TSC. He reminded the newly inducted NCOs that being an NCO was not a right, but a privilege.

"NCOs enforce and maintain the standards," he told them. "They mentor Soldiers and focus on teaching them on what right looks like. You're a leader of confidence and selfless service."

He continued by saying that the NCO Corps has the trust and confidence of the 8th TSC and the American people.

"Our NCOs are the best trained, best staffed and best led in history," he said. "Our NCOs are the heart and soul of this command. They are the backbone of the Army, and I'm proud to be part of it."



(Clockwise from upper left) Ocean and water sports, such as kayaking and surfing are safer when proper instruction and safety techniques from trained professionals, like instructions from Family and Morale, Welfare and Recreation's Outdoor Recreation

Programs are taken beforehand. Many, like Wugun Connor (top right), can take a ride down the 146-foot slide at the FMWR-supervised Richardson Pool, Schofield Barracks. Other military families (bottom left) take part in supervised summer camps,

such as YMCA Camp Erdman, Mokuleia, and FMWR spring and summer outdoor festivals where food preparation and playing in the sun are best enjoyed when practicing good sun-safety and food-safety habits. Whatever the activity, safety is paramount.

File photos

101 critical days of summer safety campaign begins

Recreation time is also a time for increased dangers

TINA HILL
Army News Service

While Hawaii boasts year-round sunshine and miles of sandy beaches, longer summer days mean more opportunity for backyard barbecues, motorcycle rides, family vacations and outdoor sports.

While summer is a time for fun, it is also a time of danger for the Army community, with notable increases in off-duty fatalities, especially in automobile and motorcycle accidents.

As in previous years, the Army's "101 Days of Summer Safety" campaign, which begins over the Memorial Day weekend, reminds Soldiers, family members and civilians to think "summer safety" through the Labor Day weekend.

The most important objective for summer is to protect Soldiers, civilians and their families. The best safety tool we have is being aware of our surroundings and understanding the hazards associated with our activities.

Using risk management principles, both on and off duty, and exercising sound judgment has proven to be an effective method of decreasing accidents and injuries.

During these 101 critical days of summer, leaders are especially encouraged to get involved with their subordinates, to help point them in the right direction and to ensure that they have the tools and information to make the right decisions to keep themselves as safe as possible.

We all can easily incorporate some of the following into our daily activities:

Safe Driving

- Do not drink and drive.
- Always wear a seat belt and ensure that



speeds; leave enough time to avoid the urge to speed.

- Do not use your cell phone or text while driving.

Safe Grilling

- Clean the grill thoroughly to remove any grease or dust; if using a gas grill, check for gas leaks.
- Always grill outdoors, and keep your grill away from open windows, structures and flammables.



- Have a fire extinguisher nearby.
- Do not grill in windy or inclement weather.

Pool Safety

- Never leave children alone near a pool, not even for a moment, even if they know how to swim.
- Keep rescue equipment, such as a

young children have the appropriate child safety seats for their age and size.

- Plan your trip where you have plenty of rest before you leave, and take necessary rest breaks en route.
- Drive at safe



shepherd's hook or a life preserver, near the pool.

- Do not use "floatation aids" as a substitute for adult supervision.
- Practice touch supervision with children younger than 5 years; this rule means that the adult is within an arm's length of the child, at all times.

Sun Safety

- Learn CPR.
- Use sunscreen with an SPF of 15 or higher;



apply it generously throughout the day.

- Wear a hat and sunglasses.
- Drink lots of water to stay hydrated.

A few minutes of planning can ensure we make lasting memories; a few minutes of inattention is all it takes for an accident to happen.

Make safe planning a part of your fun this summer and throughout the year.

(Editor's note: Hill is acting safety manager at Army Contracting Command.)

Click It or Ticket

Every year, during the annual Memorial Day Weekend holiday period, law enforcement agencies join forces, day and night, from coast-to-coast, for an enforcement blitz known as "Click It or Ticket."

During the campaign, which runs May 19-June 1, police are increasing the enforcement of seat belt and child restraint laws within their local communities, including here in Hawaii.

Gov. Neil Abercrombie helped launch the beginning of the campaign, Monday.

Under the Hawaii law that went into effect May 20, 2013, the driver is now responsible for all other occupants of the vehicle. National statistics have shown that the use of seat belts is the single most effective step drivers and passengers can take to protect themselves in a traffic

crash.

If the driver is stopped, and any passenger, regardless of age, is not using a seat belt, car seat or booster seat — whether in the front seat or back seat — the driver will be the one cited.

The failure to buckle up will result in a fine of \$102 for violations.

Front-seat passengers must be 8 years of age or older. Fines for seat belt violations involving child restraints are court-determined on a case-by-case basis.

Police add that passengers can only ride in the beds of trucks if they are 12 years of age or older and only if all seats in the cab of the vehicle are full.

Finally, violators of the state's ban on using electronic devices while driving will be fined \$200 for the first offense and \$300 for offenses thereafter.



'Mighty Mo' offers free Memorial Day admission for military

Offer is extended to Reserves, retirees, auxiliary, families

BATTLESHIP MISSOURI MEMORIAL
News Release

PEARL HARBOR — The Battleship Missouri Memorial will honor armed forces members who have paid the ultimate sacrifice to protect America's freedom by providing free admission to all active duty, reserve, auxiliary and retired U.S. military personnel and family members on Memorial Day.

Monday, May 26, all that is required for free admission is to present a valid military I.D. at the Ticket and Information Booth at the Pearl Harbor Visitor Center or at the entrance to the Battleship Missouri Memorial for those having approved access onto Ford Island.

Michael A. Carr, president and

COO of the Battleship Missouri Memorial, said, "Memorial Day is a treasured day of remembrance to honor those who served, fought and sacrificed to preserve the freedoms we all enjoy. It is a privilege to welcome Hawaii's military ohana to the Battleship Missouri Memorial and reflect on our nation's legacy of service with family and friends."

The Memorial

The Battleship Missouri Memorial, located a mere ship's length from the USS Arizona Memorial, completes a historical visitor experience that begins with the "day of infamy" and the sinking of the USS Arizona in Pearl Harbor and ends with Imperial Japan's surrender aboard the USS Missouri in Tokyo Bay.

Following an astounding career that spans five decades and three wars, from World War II to the Korean conflict to the Liberation of Kuwait, the "Mighty Mo" was de-



Photo courtesy Battleship Missouri Memorial

On Memorial Day, May 26, all active duty, reserve, auxiliary and retired U.S. military personnel and their dependents will receive free admission to the Battleship Missouri Memorial, in honor of armed forces members who have paid the ultimate sacrifice protecting America's freedom.

More Info

For information or reservations, call 1-877-644-4896 (toll free), or visit USSMissouri.org.



commissioned and donated to the USS Missouri Memorial Association, Inc., a 501(c)(3) nonprofit organization, which operates the battleship as a historic attraction and memorial.

The Association oversees her care and preservation with the support of visitors, memberships, grants and the generosity of donors.

The Battleship Missouri Memorial is open daily from 8 a.m. to 4 p.m. General admission, which includes choice of an optional tour, is \$25 per adult and \$13 per child (4-12). Military, kamaaina (local resident) and school group pricing is available, too.



Briefs

24 / Saturday

Stand up Paddleboard — The Outdoor Recreation Center conducts classes at Pokai Bay or in Haleiwa, \$59, and they’re open to patrons 10 and older. Call 655-0143 about the special 50 percent lei discount.

SKIES Hula Classes — Hula classes are offered as follows:
•AMR, 8:30 a.m., Saturdays;
•Schofield Hula 101, 9:15 a.m., 4 p.m. and 4:45 p.m.; and Intermediate, 5:30 p.m., Wednesdays.
Call 655-9818 for class availability or visit www.himwr.com.

26 / Monday

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

27 / Tuesday

SKIES Unlimited Rock School — Schofield SKIES Studios offers guitar, drums and keyboard instruction, Tuesdays, for 7-18 year olds, Wednesdays, 3 p.m., at AMR.
Classes are open to CYS registered children, and are \$55 per month. Call 655-9818.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

Tropics Game Nights — Tropics Warrior Zone features monthly tournaments:
•Pool & Ping Pong tournaments every Tuesday night, and
•Spades tournaments held Wednesday nights.

Both tournaments feature a 5:30-6 p.m. sign-up, with tournaments beginning promptly at 6 p.m., and championship finals the last week of the month. Call 655-5698.

28 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every

Island military musicians band together for appreciation concert

Story and photo by
KRISTEN WONG

Marine Corps Base Hawaii, Public Affairs

HONOLULU — “FIRE!” yelled service members dressed in formal military attire.

For a few moments, the stage at Hawaii Theatre was transformed into a battlefield as the loud boom of military band drums mimicked the sound of gunfire during the 29th Annual Joint-Military Service Band Appreciation Concert, here, Saturday.

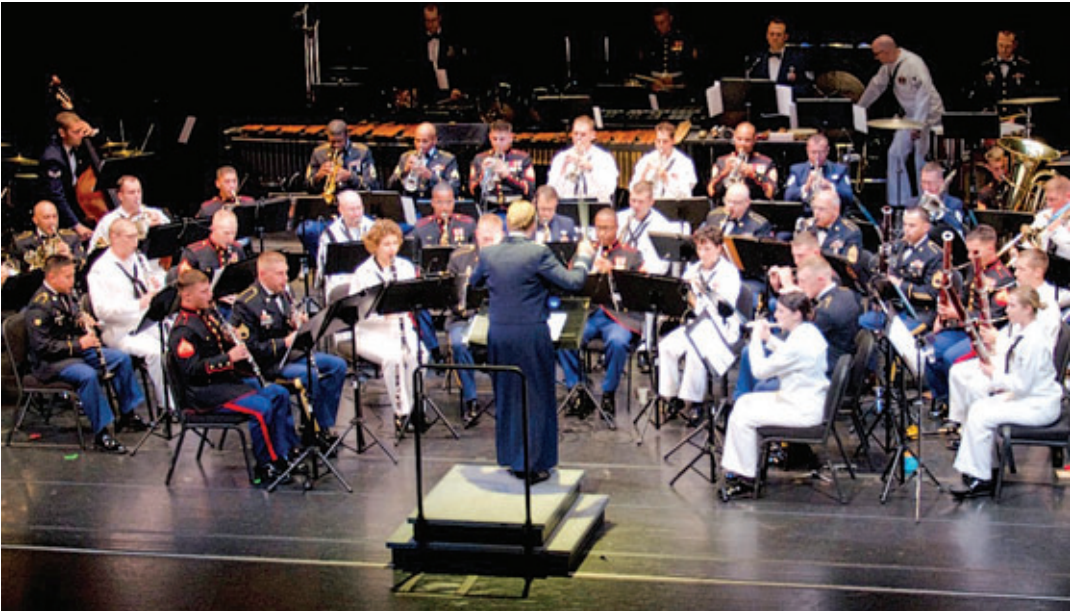
In celebration of Military Appreciation Month and Armed Forces Day, military bands from the four main branches stationed in Hawaii, as well as the Army National Guard, merged into a musical group of more than 60 service members, providing an evening of free entertainment to the public.

The bands paid tribute to the 150th anniversary of Arlington Cemetery, which was established in May of 1864 in Virginia, by performing “American Civil War Fantasy” by Jerry Bilik.

Part of the concert also included a short video made in Afghanistan, giving the audience a brief taste of a military musician’s experience on deployment.

“(Bringing the services together for a concert is) a great way to show a small island community like Oahu how many services are represented on their island,” said Air Force Capt. Haley Armstrong, the commander of the USAF Band of the Pacific. “The community can’t (access) our bases, so this is a chance to really demonstrate our presence and thank them for their support.

“(Joint-service concerts are) good for our military



Air Force Capt. Haley Armstrong, the commander of the USAF Band of the Pacific, conducts a combined-services band during the 29th Annual Joint-Military Service Band Appreciation Concert at the Hawaii Theatre, Saturday.

Hosted by the Hawaii Theatre Center and the Honolulu Navy League, the concert included performances by the 25th Infantry Division Band; 111th Army Band; U.S. Air Force Band of the Pacific; U.S. Marine Corps Forces, Pacific Band; and the U.S. Pacific Fleet Band.

“These men and women (literally put their lives) on the line for us,” said Burton White, the artistic director and general manager of Hawaii Theatre. “(Because) we have a month and a day that’s dedicated to (military appreciation), we should pool our resources together and sponsor an event that highlights the month and reminds everybody, at least once a year, that the freedoms that we enjoy (come) at a great cost.”

Each year, one military branch serves as the lead band for the concert. This year, the Air Force took charge of the program. The branches managed to fit in three rehearsals before the concert.

The concert featured pieces from various eras, from “In the Mood” by Wiggy Manone, Andy Razaf and Joe Garland, to “None So Beautiful as the Brave” by Gino Vannelli.

musicians because it gives us a chance to work and train together and learn from each other,” Armstrong continued. “Each service is very different in its mission and goals, but music is universal. It is great we can use music to get together and share what our service is working on and what makes us unique.”

“(Active duty musicians) have to do the same training during the year, as well as being professional musicians, and it’s terrific,” said retired Marine Lt. Gen. Hank Stackpole, who attended the concert. “We hear sometimes from Congress why (does the military) need musicians? That’s our spirit, our song.”

During the second half of the concert, Air Force, Army, Navy and Marine Corps musicians gathered at the front of the stage to sing each branch’s official song. Audience members who served or are currently serving stood when their branch’s song was played.

As the last song finished, the crowd gave a standing ovation, calling “Hana Hou!” to the stage, hoping for an encore.

Armstrong smiled, and agreed to play one more: “Stars and Stripes Forever.”

Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic

Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

Manga Club — Teens are invited to discuss anything Manga, fan art and anime, 3 p.m., at SB Sgt. Yano Library. Manga Club now meets twice a month, on the second and fourth Wednesday of each month. Call 655-8002.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

29 / Thursday
Leilehua Thursdays — Join

See FMWR Briefs, B-6

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Waikiki Aquarium — Military Appreciation Month is celebrated with special admission pricing of \$5, with valid military ID, for all active duty military and their families through the end of May.

Pharmacy Holiday Hours — The Tripler Army Medical Center’s Family Medicine Pharmacy will be closed May 23-26. Patients may pick up medications at the Main Outpatient Pharmacy from 8 a.m.-5 p.m. Friday, or 8 a.m.-4 p.m., Saturday.
NEX pharmacy hours will remain the same (Friday/Saturday, 10 a.m.-2 p.m.; closed May 25-26).

All pharmacies, with the exception of the Discharge Pharmacy, will be closed on Monday, May 26.

Pearl Harbor Boat Tours — The National Park Service and Pacific Historic Parks offer a fully narrated boat tour of Pearl Harbor, May 23-25, at 2:15 p.m., and May 26, at 3:15 p.m. Call 954-8726 or visit the Pearl Harbor events page at http://pacifichistoricparks.org/phh_events.php.

24 / Saturday

Annual Honolulu AIDS Walk — The 23rd annual walk begins 9 a.m., May 24, at the Honolulu Hale Civic Grounds. Walkers can now register as individuals or as a team with their friends, family and co-workers online at www.honoluluaidswalk.org. No cost to register.

26 / Monday

Lantern Floating Ceremony — An estimated 50,000 residents and visitors, beginning at 6 p.m., Mon-

day, May 26, are expected to witness 6,000 candlelit lanterns to be set afloat from Magic Island in remembrance of loved ones who have passed and for a harmonious and peaceful future. The lantern request tent will open at 10 a.m. Free event parking available from 7 a.m.-midnight at the Hawaii Convention Center. Visit www.lanternfloatinghawaii.com.

29 / Thursday

Asian-American and Pacific Islander Heritage Month — Observance at the FS Post Exchange, 10 a.m.-noon; includes performances and free food samples.

31 / Saturday

AFCEA Scholarships — Armed Forces Communications and Electronics Association Educational Foundation Hawaii Merit Scholarship Award applications are now available. Deadline to apply is May 31. Email Info@AFCEAHiEducationFoundation.org or call 479-4705.

June

1 / Sunday

Hurricane Season — Hurricane season in Hawaii runs from June 1-Nov. 30. For family hurricane preparedness information, see the related story, p. A-3.

2 / Monday

Community Information Exchange — Garrison directors and key service providers provide monthly information briefs on upcoming big events of community interest, 10 a.m., June 2, at the Nehelani, for the North community, and 9 a.m., June 4, at Hale Ikena for the South community. This new forum replaces the monthly Spouse Information Meeting and is open to all who wish to attend.

6 / Friday

First Friday Street Festival — Honolulu Chinatown area galleries and other arts venues open their doors, 5-9 p.m., for artist receptions, live music and refreshments.

See Community Calendar, B-7

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

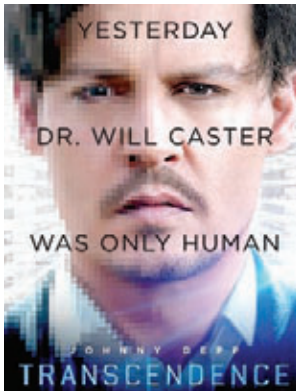


Rio 2

(G)
Fri., May 23, 7 p.m.
Sun., May 25, 2 p.m.

Bears

(G)
Sat., May 24, 2 p.m.



Transcendence

(PG-13)
Sat., May 24, 5 p.m.

Noah

(PG-13)
Thurs., May 29, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

State reminds public of Sacred Falls Park closure

DLNR acknowledges 15-year anniversary of tragedy at site

STATE OF HAWAII

Department of Land and Natural Resources

HONOLULU — Due to a recent rise in citations for unauthorized entry into Sacred Falls State Park, the Department of Land and Natural Resources (DLNR) announces and underscores that the park remains closed to the public due to danger from falling rocks.

Mother’s Day marked the 15-year anniversary of tragedy at Sacred Falls State Park, where a massive rockslide on May 9, 1999, killed eight and injured around 50 people.

Following that incident, DLNR closed the park, locked the entrance, and posted and have maintained numerous signs indicating the park’s closure and hazardous conditions.

To address public safety concerns, the state legislature established a statewide warning signage system (through Act 82 SLH 2003) to protect the state and county governments from liability on certain parks and trails.

“So many of us remember the loss, pain and suffering that ensued at Sacred Falls, 15 years ago,” said Board of Land and Natural Resources (BLNR) Chairperson William J. Aila Jr. “Yet, people continue to illegally hike in the park, ignoring DLNR’s clear signage and exposing themselves to possible injury or death, and criminal citation.”

From March to April 2014, the DLNR Division of Conservation and Resources Enforcement (DOCARE) issued about 30 citations for prohibited entry into Sacred Falls State Park, many of which involved out-of-state residents or U.S. military personnel.

One incident in March 2014 necessitated search and rescue efforts by DOCARE and the Honolulu Fire Department (HFD). During the past two years, DOCARE and HFD have conducted four search and rescue operations in Sacred Falls State Park; some of the operations have involved bodily injuries to trespassers.

“DOCARE takes prohibited entry violations seriously and will continue to monitor Sacred Falls State Park, issue citations and protect public health and safety when necessary,” said DOCARE Enforcement Chief Randy Awo. “But the reality is that these illegal entries divert time and attention from natural resource protection.”



Entry into Sacred Falls State Park, and any other closed state park, is a petty misdemeanor crime, punishable in court with fines of a minimum \$100 for a first offense, \$200 for a second offense, and \$500 for a third or subsequent offense.

Moreover, the BLNR may also pursue civil administrative penalties of up to \$2,500 for a first violation, \$5,000 for a second

violation, and \$10,000 for a third or subsequent violation.

“We encourage people to enjoy the many other state parks and trails that are open and accessible to the public, such as the trails managed by the DLNR Division of Forestry and Wildlife under the Na Ala Hele Trail Access system,” said Dan Quinn, administrator for the DLNR Division of State Parks.

State Parks

To report an incident, call 643-DLNR (3567).
For more information about the Hawai’i State Park system, visit <http://hawaiiistateparks.org/> and <http://hawaiiitrails.org>.



Photo courtesy 42nd Engineer Detachment (Survey & Design)

MILILANI — Sgt. Richard Deobler (front) and Spc. Bradley Wilson, both technical engineers with the 142nd Eng. Det., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, demonstrate survey capabilities for a group of fifth-graders from Mililani Ike Elementary School, May 12.

142nd Engineers ‘survey’ school

142ND ENGINEER DETACHMENT (SURVEY AND DESIGN)
84th Eng. Battalion, 130th Eng. Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 142nd Engineer Detachment (Survey & Design), 84th Eng. Battalion, held a demonstration for a select group of fifth graders from Mililani Ike Elementary School, May 12, showing them the use and functional capabilities of their survey equipment.

The eight children were hand selected by their teachers after writing an essay to prove that they were willing to stay after school to expand their knowledge.

Sgt. Richard Deobler and Spc. Bradley Wilson, both technical engineers with the 142nd, went over the different aspects of their jobs in the classroom and showed the students the equipment Army surveyors use.

The children learned about topographic surveying, computer-aided drafting and soil analysis, and they were provided with historical references why those topics are important throughout society. The students received information on the technological advances of surveying, too, from the pen and paper method to the new computerized method used by modern surveyors.

“The fifth graders were eager and asked an ample amount of questions,” said Deobler. “They were very engaged in the demonstration.”

During the hands-on portion of the demonstration, Deobler and Wilson demonstrated the practical use of two pieces of equipment they brought with them. The GPS equipment allows Soldiers to survey a construction site single-handedly using satellites orbiting the Earth to give precise position data on where the instrument is on the ground. The other piece of equipment is used to turn and record horizontal and vertical angles, and to measure horizontal distances to create an accurate topographic representation of the land that is being surveyed.

“After the demonstration, the students were able to practice their surveying skills,” Deobler said. “They were able to walk around with the GPS equipment, surveying the trees and surrounding area outside of their classroom.

“One student had thought the machine was acting like a robot when the auto-tracking function was turned on and the machine was following the target prism automatically,” Deobler joked.

Deadline for STEM awards now June 10

PEARL HARBOR NAVAL SHIPYARD & INTERMEDIATE MAINTENANCE FACILITY
Public Affairs

JOINT BASE PEARL HARBOR-HICK-AM – Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility has extended the application deadline for 10 \$2,000 awards for students interested in and active in robotics.

The new deadline is Tuesday, June 10. The intent is for these awards to recognize local high school students who have demonstrated dedication to Science/Technology/Engineering/Mathematics (STEM) activities. These awards are funded by the National Defense Education Program (NDEP).

To be eligible for the STEM Awards, applicants must meet these criteria:

- Be a resident of the State of Hawaii,
- Be a current high school (public, private or homeschooled) student in good academic standing, and
- Be able to provide proof of active participation in Hawaii’s annual FIRST Robotics Competition (FRC) for at least one full academic year.

The official application form — which includes details on an essay requirement and required letters of recommendation — must be submitted in time to meet the new (June 10) submission deadline.

The 10 STEM Award winners will be announced in late June or early July.

The Shipyard is a field activity of Naval Sea Systems Command and a one-stop regional maintenance center for the Navy’s surface ships and submarines. It is the largest industrial employer in the state of Hawaii with a combined civilian and military workforce of about 5,000.

Strategically located in the mid-Pacific, the Navy’s largest ship repair facility between the West Coast and the Far East is about a week of steam time closer to potential regional contingencies in East Asia than sites on the West Coast.



Courtesy Photos

Local high school students who have shown dedication to science/technology/engineering and math (STEM) activities are eligible for 10 \$2,000 awards to be given out in June.

Application and Information

Interested students should contact Eric Petran at 473-8000, ext. 2560, or obtain the application form and details of the submission criteria via email at eric.petran@navy.mil.

Additional information on the Shipyard can be found at www.phnsy.navy.mil and <https://www.facebook.com/PearlHarborNavalShipyard>.



File Photo

SCHOFIELD BARRACKS — IMCOM officials hope survey information results will help refine, taper and enhance MWR programs, including bowling, here.

MWR Customer Survey set for release

ROBERT DOZIER
U.S. Army Installation Management Command

SAN ANTONIO — The Department of Defense is set to release its latest survey to gauge customer satisfaction with Morale, Welfare and Recreation garrison facilities and programs.

As in 2009 and 2011, the MWR Customer Satisfaction Survey will go to select Soldiers and service members, inviting them to volunteer their opinions about current operations.

DOD will focus this survey on select types of facilities, so management, training and financial resources can be maximized in the current fiscal environment.

This year’s questionnaire focuses on fitness, libraries, outdoor recreation, recreation centers, auto service centers, single service member programs, leisure travel, swimming pools, sports and athletics.

Participation in the survey is confidential to encourage honest and full participation from Soldiers and family members who are patrons of Family and MWR services around



File Photo

SCHOFIELD BARRACKS — Students practice at the free FMWR ukulele workshop at Sgt. Yano Library.

the world. Survey packages are expected to be distributed in mid-May directly to 120,000 ran-

Learn More

Involvement in the survey will help ensure FMWR fulfills customer needs in the years to come. IMCOM uses surveys, as well as its website (www.ArmyMWR.com) and social media sites (Facebook and Twitter), to stay connected with MWR customers in the Army community. Visit Hawaii’s FMWR at www.himwr.com.

domly chosen service members, including active duty, National Guard and Reserve Soldiers.

Officials at the U.S. Army Installation Management Command hope the statistical results of the survey will show trends developing since 2009, which will be used to help refine, taper or enhance garrison programs serving family members, Soldiers and retirees.

About U.S. Army IMCOM

IMCOM handles the day-to-day operations of U.S. Army installations around the globe. It is the Army’s home. Army installations are communities that

provide many of the same types of services expected from any small city. Fire, police, housing and child care are just some of the things IMCOM does in Army communities every day.

The professional workforce strives to deliver on the commitments of the Army Family Covenant, honor the sacrifices of military families and enable the Army Force Generation cycle.

SB Post Exchange now features ‘Disney’

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

SCHOFIELD BARRACKS — A cast of Disney, Marvel and “Star Wars” brands is joining forces with the Army & Air Force Exchange Service to bring a special, dedicated section to the Schofield Barracks Main Exchange.

A standalone section, called “Disney at the Exchange,” is showcasing merchandise from Disney Consumer Products, including characters from Disney Junior, Disney-Pixar and Disney Princess, as well as Marvel and “Star Wars” properties.

Military shoppers can find a wide selection of their favorite Disney characters at the Schofield Barracks Post Exchange.

The “Disney at the Exchange” assortment includes dolls, action figures, role-play items and clothing, as well as toys and other merchandise tied to current Walt Disney Company theatrical releases and television content.

The 525-square-foot section has signage featuring Disney, Marvel and “Star Wars” and



Jack Wiers, U.S. Army Garrison-Hawaii

A 525-square-foot standalone section called “Disney at the Exchange” now showcases merchandise from Disney Computer Products at the Schofield Barracks Main Exchange.

beloved character imagery throughout. “The Exchange brings a taste of home to every member of the military family,” said Schofield Barracks PX General Manager

Floyd Wynn. “Bringing Disney into the Exchange is another example of our continuing desire to deliver top brands directly to shoppers at Schofield Barracks.”

Breaking up is hard to do – when it comes to carbs

We used to be so good together. You comforted me. You made me happy. I loved you. But after all these years, I’ve become too dependent. I want you too much, and I now realize, it’s just not healthy. I need to strike out on my own and try new things. It’s not you; it’s me. Carbohydrates, I’m breaking up with you. In the early days, I couldn’t foresee how addicting our relationship would become. I didn’t fear our love affair, because I believed the science of the 1990s, which decreed that low fat carbs were healthy fuel for my body. I was so naive, ignorantly indulging in second helpings of sticky rice, snacking on crackers and adding a hunk of ciabatta bread alongside my pasta. Oh, the ciabatta bread! When I gained weight, I never blamed you. I thought cheese, meat, butter, cream and nuts



Courtesy photo

Breaking-up with carbs, including pasta, is like breaking up with an old love, according to the author.

THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

were my enemies. As long as I didn’t put mayo or cheese on my sandwich, it was health food. As long as I ladled red sauce on my spaghetti, it was good for me. As long as I used skim milk, a bowl of cereal, a glass of juice and a butterless slice of toast were the perfect breakfast. What a fool I was! When I married a Navy man, you didn’t leave me. In fact, our threesome was quite happy in an open relationship. Together, you and I won my new husband’s heart, and his stomach, too. While stationed in Monterey, Calif., you introduced us to the wiles of sourdough. We felt so naughty as we loaded chowder into your bread bowls. While stationed in England, you never told us that the baked beans the English dollop on their breakfast plates, pour over their toast and glob on their baked potatoes were as bad as the scones, biscuits and puddings. Excess glucose surged through our blood while we were stationed in Germany, as we washed pretzels, noodles and potatoes down with wheaty beers and sweet wines. In the South, we were so busy avoiding fried chicken, sausage gravy and bacon fat, we didn’t notice that you were secretly feeding our addiction



Courtesy photo

While stationed in Germany the author developed a taste for pretzels and wheaty beer.

with sweet tea, sticky barbecue sauce, and starchy cornbread. Worst of all, I could never seem to resist the chocolate with which you regularly seduced me. How could you smugly stand by while I wallowed in guilt over the fat content? Little did I know, your sugar was the culprit all along! You betrayed me, and as hard as it is for me to say this, it’s over.

Sure, you will always be a part of my life, but I’m ready to explore the rest of the food pyramid. The rotisserie chickens with their crisp skins, the creamy camemberts, the olive oils, the avocados and the bacon ... the glorious bacon! I don’t mean to hurt you, but there are a lot more fish (like salmon with a generous slathering of creamy dill sauce) in the sea.

When we do run into each other, I hope we can be civil. I won’t rudely turn away from you on special occasions (especially if you come in the form of homemade macaroni and cheese with buttered breadcrumbs on top), but let’s keep our contact to a minimum. Of course, the kids will still want to have you around, but during scheduled visitations, please keep your high fructose corn syrup to yourself. One last thing before you go. If, by chance, I should have a moment of weakness over, let’s say, a bag of Hershey Kisses with Almonds during a hormone spike, I can tell you right now that it will be nothing more than a meaningless fling. So long, carbohydrates. It’s been nice knowing you.



Courtesy photo

“Glorious bacon,” as described by the author now becomes a welcome friend as she says “so long” to carbohydrates.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

TAMC ART SHOW



Patricia Nishimoto, Tripler Army Medical Center

HONOLULU — Tripler Army Medical Center's "Oncology on Canvas" program held an art show at Honolulu Hale (City Hall), here, May 13. Oncology on Canvas is a paint-therapy program for patients and families dealing with cancer. The paintings will be on display through May 29.



Briefs

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Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

Tropical Thursdays — Free weekly Texas Hold’em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

30 / Friday USARPAC Golf Scramble — Happens every last Friday of the month at FS Nagorski Golf Course. Registration begins at 11 a.m., with a shotgun start at 12:30 p.m. Registration is \$5 per player. Call 438-9587.

Hawaiian Luau Lunch Buffet — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) host local-style food, every last Friday of the month.

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items in-

clude smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

June 7 / Saturday

Learn to Swim — Enroll your keiki, June 7-8, in FMWR’s Learn to Swim lessons this summer. Classes are from June 16-26. All children must be registered with CYS prior to registration (mandatory). All classes are subject to change. Eight 30-minute classes are \$60 per student; eight 45-minute classes are \$70. Visit www.himwr.com/cyss-welcome-page/item/1325-learn-to-swim-2014 for more class and registration dates. Call 655-9698.

Ladies Golf Clinic — Ladies can experience a free 30-minute golf lesson at Leilehua Golf Course from PGA professionals. Lessons are offered the first Saturday of the month by appointment only. Call 655-4653.

Ongoing

Leisure Travel Services — The LTS has May specials on horseback riding, Sea Life Park and the Polynesian Cultural Center. Call 438-1985 (FS) or 655-9971 (SB).

SKIES Unlimited Driver’s Education — New program is \$381; military receive a 5 percent discount. Earn additional savings by referring a friend to the same class to get \$25 off. Call 655-9818.



Tropic Lighting shares hoops fondness

Story and photos by
LANCE CPL. SHALTIEL DOMINGUEZ
1st Marine Logistics Group

PALAYAN CITY, PHILIPPINES — Both the Philippine and U.S. crowd went wild as Philippine Army 1st Lt. Andrew M. Linao dribbled the ball past the opposing team’s power forward, bobbing and weaving, before a Filipino-U.S. duo outmaneuvered him and took the ball.

This move was just one of the many tense moments during a basketball tournament between Philippine and U.S. Soldiers, including Tropic Lighting Soldiers from the 25th Infantry Division, May 5 and 12, here, as part of Balikatan 2014, a bilateral training exercise between Philippine and U.S. service members.

Approximately 60 Philippine and U.S. Soldiers were divided into four teams, and one civilian local was invited to play for each group. A crowd of civilians and military personnel gathered around the basketball court to watch the spectacle unfold.

“We seldom have sports activities (with the U.S.) like this one, so it’s a privilege,” said Linao, civil military operations officer, 20th Inf. Battalion, 8th Inf. Div., who also played for the team that took 1st place.

“In this area,” Linao continued, “both the

Filipinos and Americans have a long history together, dating all the way back to the Second World War, so we want to make them feel like this is their home away from home during fun activities like these. The Americans are very skilled and are pretty tall, so it almost feels like we’re playing in the National Basketball Association,” Linao added, with a laugh.

“We just want to get our Soldiers and their soldiers out doing something fun, mixing in with the local community and showing a presence for the locals,” said U.S. Army Maj. Mark Blakely, officer in charge with the civil military operations team in Fort Ramon Magsaysay. “I love getting out and meeting the people. Everywhere we’ve gone, the Filipinos have been very welcoming and friendly.”

25th ID fosters community relationships
Balikatan is a bilateral training exercise between the Philippines and U.S. designed to improve cooperation and interoperability between the two nations’ armed forces through training, as well as humanitarian aid and disaster relief projects, and to increase stability and security within the region.

In addition to the basketball game, 25th ID’s civil military operations team also organized several humanitarian aid projects, such

as refurbishing the Riverside Elementary School and the Kalakid Elementary School in Nueva Ecija.

“We’ve also done projects in the community, refurbishing schools and doing projects, so I think we’ve done a lot of good things since we’ve been here,” said Blakely.

Ultimately, 25th ID Soldiers were out there to shoot hoops, build friendships and have a good time.



Philippine and U.S. Soldiers duke it out during a basketball tournament, May 5, as part of Balikatan 2014.



Spc. Latiana Heden (right), a quartermaster and chemical equipment repairer with 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, jokes with children in the audience during a basketball tournament, May 12, between Philippine and U.S. Soldiers, as part of Balikatan 2014, a bilateral training exercise designed to improve cooperation and interoperability.



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Events are free, and gallery walk maps are available at various locations. Visit www.artsatmarks.com or call 521-2903.

Ongoing

U.S. Army Museum of Hawaii — A maintenance and repair project will close the Fort DeRussy museum facility through June 16. The museum store, however, will be open Monday-Friday, 9 a.m.-3:30 p.m., on the east side of Bldg. 32, during construction. Call 942-0318.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Rd., Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military bases with base access.

Veterinary Treatment Facility — The renovated SB Veterinary Treatment Facility is now seeing patients five days a week.

Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu.

Call 655-5893 or 655-5889.

Freeway Service Patrol — This service is operating on Hawaii’s freeways and is sponsored by the State Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.

The free service provides assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making certain temporary repairs and providing an emergency gallon of gasoline.

The service is available, 5 a.m.-7 p.m., Monday-Friday. Call 841-4357.